

## Event Rules H : British Night Championships

### 1 General Information

Level: The British Night Orienteering Championships is a Level 1 (National) event.

Purpose: (a) To find the British Orienteering Champion in each age class from M/W 16 to M/W 85.

(b) To provide a high standard of domestic competition for all National Members of British Orienteering through a high quality event.

Where these aims conflict, the first takes priority.

Nature of Event: Single-race cross-country competition held in the dark. Runners compete as individuals in age classes.

Many orienteers regard night orienteering as the ultimate challenge in the Sport, requiring the highest standards of detailed navigation and physical agility. Top competitors achieve these standards and return times on complex night courses that are very close to daylight performances. The British Night Championships should seek to provide competition in keeping with these high standards.

Who May Compete: Competitors are eligible to take part in the British Night Championships provided that on the day of the competition they fulfil both criteria (i) and (ii) below:

(i) They are National Members of British Orienteering

(ii) EITHER (a) they hold a British Passport

OR (b) they have been present in the UK for at least three of the six months preceding the competition

Non-competitive runners shall not be allowed to take part.

Responsibility: The British Night Championships are organised by Constituent Associations, or by clubs on behalf of their Constituent Association.

The organising body shall take financial responsibility unless prior agreement has been reached with British Orienteering.

*[Rule 2.3.1]*

The event Organiser will be required to make regular reports on the progress of the event to their Association and to the Major Events Group. The Major Events Group will report to Events Committee if at any stage it feels the event is at risk.

How to Apply: Allocation of each British Night Championships will be the responsibility of Fixtures Group. If possible a regional rotation will be implemented, but not at the expense of the standards of competition.

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Officials: See Rules 4.1 to 4.4 (roles), Appendix C parts 1.2.1, 1.3.1 (recommended experience for organisers and planners), and 1.4.1 (level of controller and who is responsible for making the appointment), and Appendix H parts 3.3.1 and 3.4 (map adviser).

Timescale: This is intended to give guidance only and is not an all-embracing list.

27 months	Area selected, officials agreed, timescales agreed. Map adviser appointed.
14 months	Survey underway to ensure correct seasonal representation.
12 months	Survey complete and draft colour map available for planning (new maps).
9 months	Survey complete and draft colour map available for planning (updated maps).
8 weeks	Planning completed.
4 weeks	Controlling of courses completed. Map files and course overprints sent to printer.
2 weeks	Overprinted maps available.
EVENT	Results displayed on the day and on the internet with a link from the British Orienteering web site by the evening. Preliminary results submitted to the ranking list.
+2 weeks	Results booklet posted.

Rule Variations: See Rules 1.3.5, 1.3.8.

### 2 Map and Terrain

Quality of Terrain: As a rule of thumb, night conditions add one level of technical difficulty to the terrain. The best terrain is runnable undulating woodland with bold line and point features and with little undergrowth; however, open areas, particularly if undulating and well featured, can offer better competition at night than they do in the day. The terrain should be complex but fair, so that competitors can navigate successfully within the limited visibility of their lights.

Areas with dense undergrowth should be avoided. Denser broad-leaved vegetation at eye level, such as holly, can be impossible to see through and progress through it becomes a lottery. Denser ground vegetation, such as bracken, can cast shadows which conceal sunken hazards.

Dangerous features, such as rock faces, should not prevent an area being used, but may demand special care in planning, or require taping.

The officials selecting the area, and the event Controller, should satisfy themselves that the terrain is suitable for the competition. If

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the officials are very experienced at night competition, they may be able to assess an area satisfactorily by daylight. If not, visits to the area at night will be necessary.

Map: The terrain should be field worked in order for the map to be legible if presented at a scale of 1:15,000.

See Rule 5.1 (requirements), Appendix H, and the International Specification for Orienteering Maps 2000.

Map Scale: The map scale for all age classes shall be 1:10,000, drawn with lines, line screens and symbol dimensions 50% greater than those used for 1:15,000 maps.

Safety: Compared to day events, night events present a greater risk of exposure, particularly if using open terrain. Competitors should consider carrying additional protection and a whistle as a standard precaution; Organisers should consider whether to make this mandatory.

Unless there are compelling reasons, high moor land should not be used for night events in winter as there is unacceptable risk of a casualty or of the event having to be cancelled. If such terrain is used, effective rescue and first aid services will be needed on standby.

The Organiser should ensure that the local police are notified of the event in case they receive reports about suspicious lights. It is also good practice to inform residents in or close to the event area.

### 3 Event Organisation

Organisation: Although the same procedures of organisation apply to night events as to day events, extra attention has to be given to signs and route marking. These may be obvious by day but be missed by night. All movements of competitors outside the competition area need to be covered; road signs to car park, location of Registration, route to the Start and back from the Finish, detours to toilets etc. Continuous or frequent tapes or lights are appropriate.

The start and finish teams need protection and lighting.

It is important to make sure that tapes into the finish are prominent and that the run-in is 'clean' underfoot.

A sheltered area, such as a building or marquee / tent, is useful for event facilities but particularly worthwhile for results display and providing a place for competitors to gather and compliment the event.

Particular care is needed in finding a suitable car park and assembly area. This should be close to both the start (so that competitors do not eat into their battery power in getting there) and the finish.

The event should normally provide the following facilities:

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- entry closing date no more than 28 days before date of competition
- start list at assembly area and at pre-start
- where an area has been used for an earlier event, unmarked maps on display in the assembly area (these may be of the map used for the earlier event)
- same control site format at each control, with sample on display at the pre-start
- frequently updated results display
- a dignified and prestigious ceremony to present the prizes to at least the winners of all classes.

Trophies and Medals: British Championship Trophies shall be presented to the winners of the highest category in each age class. British Championship medals shall be awarded to the first, second and third placed competitors in these classes. Competitors are only eligible for trophies and medals in the age class they have entered.

Leading competitors in the Short classes should only be awarded mementoes.

Badge Calculations: Badge times should be calculated as described in Appendix J (The Badge Scheme), and included in the printed results.

Ranking Scheme: Preliminary results should be submitted as soon as possible after (ideally on the day of) the event. Final results should be submitted within two weeks of the event. See Appendix K (The Ranking Scheme) for details of how to do this.

### 4 Course Planning

Courses: The British Night Championships courses should be planned to test the orienteering ability of the leading competitors in each class.

Courses are to be provided for the following range of age classes:

M/W 16 to M/W 85.

Where Short courses are also offered, they shall be of the same Technical Difficulty as the relevant Long course but about two thirds of the length.

Where possible, one or two courses suitable for orienteers new to night orienteering should be offered, but this is at the discretion of the Organiser / Planner and should not compromise the Championship courses.

Class combinations: Although classes may be combined onto the courses as shown this is not mandatory, particularly if it leads to overloading. (The M18L/M45L/M50L/M21S/W21L combination being a possible case).

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Course Number	Course Length Ratio M21L = 1.0	Technical Difficulty	Men: Long Classes	Men: Short Classes	Women: Long Classes	Women: Short Classes
1	1.00	5	M21L			
2	0.85	5	M20L M35L M40L			
3	0.69	5	M18L M45L M50L	M21S	W21L	
4	0.56	5	M16 M55L M60L	M20S M35S M40S	W20L W35L W40L	
5	0.45	5	M65L	M18S M45S M50S	W18L W45L W50L	W21S
6	0.39	5	M70L	M55S M60S	W16 W55L W60L	W20S W35S W40S
7	0.33	5	M75L	M65S	W65L W70L	W18S W45S W50S
8	0.28	5	M80 M85	M70S M75S	W75 W80 W85	W55S W60S W65S W70S

Notes: (a) Course lengths are based on the recommendations for the British Orienteering Championships. M21L should be planned such that a top elite-standard competitor would win it in 75 minutes. Where no previous night event results are available for comparison, Planners should assume that the running speeds of leading competitors will be 10% to 15% slower than daytime speeds. (The difference in speed between routes using a good path and those through even runnable terrain is greater at night than in the day, and this should be taken into account when designing the courses.)

All other course lengths should be scaled to the length required for M21L, which has been allocated a course length ratio of 1.00.

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(b) Planners should note that course length ratios refer to course lengths which are “corrected” for height climb (by adding 0.1 km for every 10m of climb).

Course on Map: See Rules 5.2 and 5.3 (pre-marked maps), 6.2.4 (proximity of controls), and Appendix B parts 4.1.1-13 (symbols), 4.1.14 (map cases), 4.2 (map corrections), 4.4.1 (start position).

Control Descriptions: See Rule 6.1.2/3 (course length and climb), 6.6.2 (issue to competitors) and Appendix A (layout of description sheet and symbols to be used).

Control Features: Selection of suitable control features should be confirmed by inspection at night. In general, small features, especially sunken ones, should be avoided. This is particularly important in lower visibility terrain.

In high visibility terrain competitors on different courses approaching a common control from different directions can reveal the location of the control more readily than in daylight. In such cases multiple controls, but on clearly different features, are to be preferred.

### 5 Further information

Other Information: Appendices B (Course Planning), E (event safety), and G (protests, juries and appeals).

If you cannot find the answer to a question within the published Rules, Appendices and Guidelines then please contact the Chairman of Rules Group via the British Orienteering National Office.